

WVNG Coffey Break

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Valentine's Day Special



Welcome to the February 2013 edition of the WVNG Coffey Break, a monthly wellness publication for all WV National Guard members and their families. The objective is to promote wellness, readiness and resilience by providing information and resources on topics relevant to daily living.

This month, we did something out of the ordinary. We asked members of the 130th and 167th to voluntarily participate in a survey regarding love and family. We will be sharing those thoughts as well as provide some humor about what men and women say to each other versus what is heard. In addition, I will provide some final thoughts about staying committed in marriage. Whether you are single and loving it or approaching a 25+ year anniversary milestone, we hope this newsletter will give you food for thought about relationships and what it takes to make them work. We hope you find this newsletter challenging, uplifting, and educational.

So, please take a few minutes to read the following article before hitting "Delete" on your computer.

LOVE

- Love Overcomes Virtually Everything
- Listen, Overlook, Value, Encourage
- Lots Of Varied Emotions

An example of Love is what a mother feels when looking at her sleeping baby.

An example of Love is what a husband feels when his wife winks at him from across the room.

Love is greeting a good friend with a big hug.

The mission of the National Guard Psychological Health Program is to advocate, promote and guide National Guard members and their families by supporting psychological fitness for operational readiness. For contact Information regarding the Director of Psychological Health in your state or territory or other resources, go to:

www.jointservicessupport.org/

"Grow old with me! The best is yet to be."

Oscar Wilde



Break (brāk) definition *verb*: To interrupt or stop *break a habit*; *noun*: A respite or brief pause *taking a break*.

What Men Say vs. What Women Hear

- “I can’t find it.”
- Means: It didn’t fall into my outstretched hands, so I’m totally clueless.
- “That’s women’s work.”
- Means: It’s difficult, dirty, and thankless.
- “Will you marry me?”
- Means: Both of my roommates have moved out, I can’t find the washer, and I’m getting tired of eating peanut butter and jelly sandwiches.
- “Can I help with dinner?”
- Means: Why isn’t it already on the table?
- “That’s interesting, dear.”
- Means: Are you still talking?
- “We don’t need material things to prove our love.”
- Means: I forgot our anniversary again.
- “Don’t fuss. I just cut myself. It’s not a big deal.”
- Means: I have actually severed a limb but will bleed to death before I admit I’m hurt.
- “I’m not lost. I know exactly where we are.”
- Means: No one will ever see us alive again.

What Women Say vs. What Men Hear (turnabout is fair play)

- “Are you willing to _____?”
- Means: You better do it now.
- Use of the word “fine.”
- This is the word women use to end an argument when they feel they are right and you need to shut up. Never use "fine" to describe how a woman looks. This will cause you to have one of "those" arguments.
- “Five minutes”
- This is half an hour. It is equivalent to the five minutes that your football game is going to last before you take out the trash, so it's an even trade.
- “Nothing”
- Means: "Something" and you should be on your toes. "Nothing" is usually used to describe the feeling a woman has of

“Anyone can catch your eye, but it takes someone special to catch your heart.”

Author Unknown

wanting to turn you inside out, upside down, and backwards. "Nothing" usually signifies an argument that will last "Five Minutes" and will end with the word "Fine".

- **“Thanks a lot.”**
- **Means:** This is much different than "Thanks". A woman will say "Thanks A Lot" when she is really ticked off at you. It signifies that you have offended her in some callous way, and will be followed by a loud sigh. Be careful not to ask what is wrong after the loud sigh as she will only tell you "Nothing".
- **“Thanks.”**
- **Means:** A woman is thanking you. Do not faint. Just say, “You’re welcome.”

Excerpts from the 130th Survey (Thanks to those who participated):

- To me, love is.... respect, devotion, patience, kindness, acceptance (Shane McComas)
- My plans for Valentine’s Day include....date night with my wife (Bryan Knight)
- The best thing about my family is.....they keep me active and young at heart through sports, travel, etc. (Jeffrey A. Bevins)
- One thing I love most about my spouse is.....that she is always there for me (Allen Tackett Jr.)
- The best thing about my family is.....they don’t hold anything back (Anonymous)
- To me, love isall the happiness, tears, anger, memories, and moments you share with each other (Anonymous)
- My plan for Valentine’s Day include.....cooking dinner for my wife (Anonymous)
- To me, love is.....what is in my belly growing like a weed! (Rachel L. Hughey) Congratulations!
- One thing I love most about my spouse is....she is my best friend. We enjoy being together (Anonymous)
- The best thing about my family is.....communication and support through our faith (Bryan Knight)
- To me, love is.....caring and supporting someone no matter what (Anonymous)
- My plans for Valentine’s Day include....No set plans as every day should be Valentine’s Day. I don’t need one day a year to tell her I love her (Shane McComas)
- To me, love is.....balance - knowing what each other’s strengths and weaknesses are and letting the other person know how much you love them by what you do, not so much as what’s said (Anonymous)
 - To me, love is.....having someone to experience life with, good and bad (Anonymous)
 - The best thing about my family is....being able to talk openly about anything (Jason Pringle)
 - One thing I love most about my spouse is....he is like my favorite bra....always supportive and close to my heart (Anonymous)

“Whatever our souls are made of, his and mine are the same.”

Emily Bronte

Breaking Away with Dr. Daniela Lupu

Excerpts from the 167th:

The best thing about my family is.... that we are not perfect. We have our share of family problems but we also know how to forgive. Sometime it takes one of us to just walk away until the other has calmed down. This allows both of us to think about what we said or did and understand why the other person is upset. In the end, we always find a common ground and work it out. (SONIA V. WALLS, TSgt)



What I love most about my spouse/partner isthat he puts things in perspective. In the end, life is really very short. Make each day count. (Ssgt Sherree Grebenstein)

The best thing about my family is.... we are real. We have problems but we work them out, we don't put on the rose colored glasses and hope the problems will disappear on their own. (TSgt Ronda D'Amico)

Love to me is a bond that is mutually beneficial in making each other better people, a source of comfort, being able to let your guard down and share your vulnerabilities with someone who "gets" you. (MSgt Kamille Spirakis)

The best thing about my family is ... We like to have fun and laugh! Laughter is the best medicine! (TSgt Schneider, Delphia)

What I love most about my spouse/partner is her support thru 29 deployment's over the past 28 years and her ability to make up for my weaknesses (SMSgt John Cordova)

The best thing about my family is.....our closeness/love and respect for each other (Anonymous)

The best thing about my family (siblings) is....we can share concerns without judging each other (SMSgt Preston, Piper)

What I love most about my spouse is.....she's my best friend (Anonymous)

What I love most about my spouse is....she holds the family together (Anonymous)

The best thing about my family is that when I walk through the door, my my kids are excited to see me and seeing my kids pray in the evening (TSgt Sylvester Payne)

Love to me is....being comfortable with each other without saying anything (Anonymous)

"A baby is born with a need for love - and never outgrows it."

Frank A. Clark

Dr. Lupu

The Final Sip

How many times have you heard someone say they've fallen out of love? There are many reasons people fall out of love...they weren't in love in the first place; they were in lust, they've allowed romance to totally disappear out of the relationship, or they grow apart. Love is a commitment. I married my husband because I loved him. I loved his Type B personality, his sense of humor, and our similar faith. I made the commitment to marry him. Thirty one years later, we have made the commitment to stay married. Commitment is important because we act differently when we know our futures are tied together. It means we've promised to stay and work it through, not just today but forever. You know there will be bumps ahead but you move forward, trusting each other will be there for the duration. And it's calming.



So, what do you do if you've lost that "Mmph" in your relationship? Maybe you truly adored your wife in the beginning, but now you can't remember why. Maybe you admired her best qualities, but now can't remember what they were. Maybe you appreciated your husband's wonderful talents but now take them for granted. What do you do now?

According to a National Survey of Families and Households, 86% of unhappily married people who stick it out find that five years later, their marriages are happier. In fact, nearly 60% of those who rated their marriage as unhappy in one survey, and who stayed married, rated the same marriage "very happy" five years later. I'm not saying there are no good reasons for divorce. But I am saying we seem to be in an era of "disposable marriages," where people choose a different path when they approach the bumps.

Many people forget what they first loved about their spouse. Somewhere between taking out the garbage, paying bills, disciplining kids, folding laundry, they've lost their "coupleness." So how do you get it back?

What was it that first drew you to your spouse? How did you try to win his/her affection. Your spouse wants to know if he (she) still "has what it takes." Tell them. We all need to hear from time to time why we are that "special someone." Talk about the time you first met, that first date, your first kiss, the proposal. Look at your wedding pictures and talk about all the emotions that were present at the time.

You may not be able to hang onto that "lovin' feelin'" as the song says, 24/7, but you CAN commit to love 24/7. And with that commitment, love and romance will often be stirred up.

Feedback on these articles is welcomed. If you have a concern about yourself or a family member, feel free to contact Stephanie Lincoln, Daniela, or myself. Contact information is listed below. Services are free and confidential. We look forward to hearing from you. So.....Step back, take a Coffey Break, and Drink to Your Health!

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